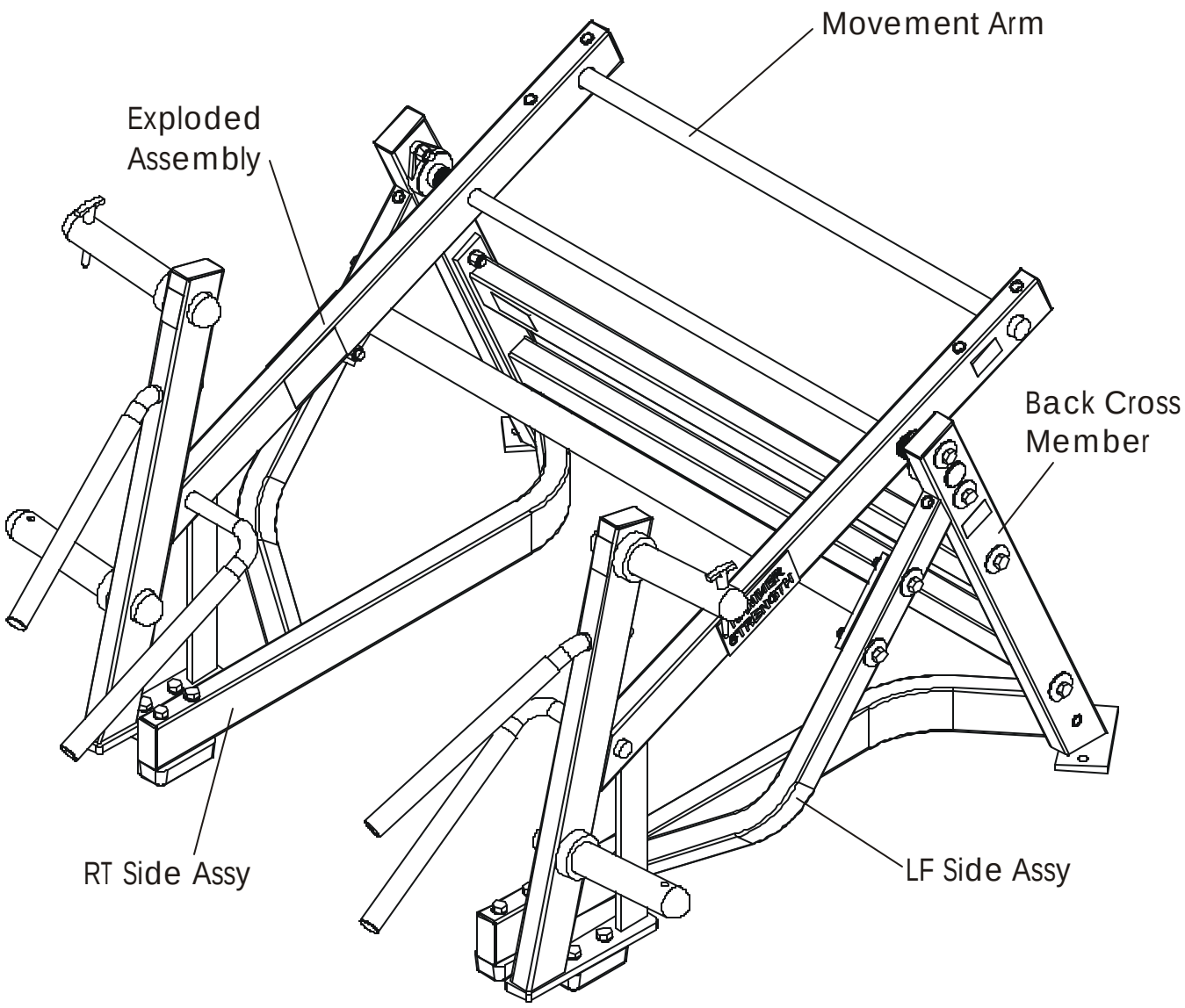
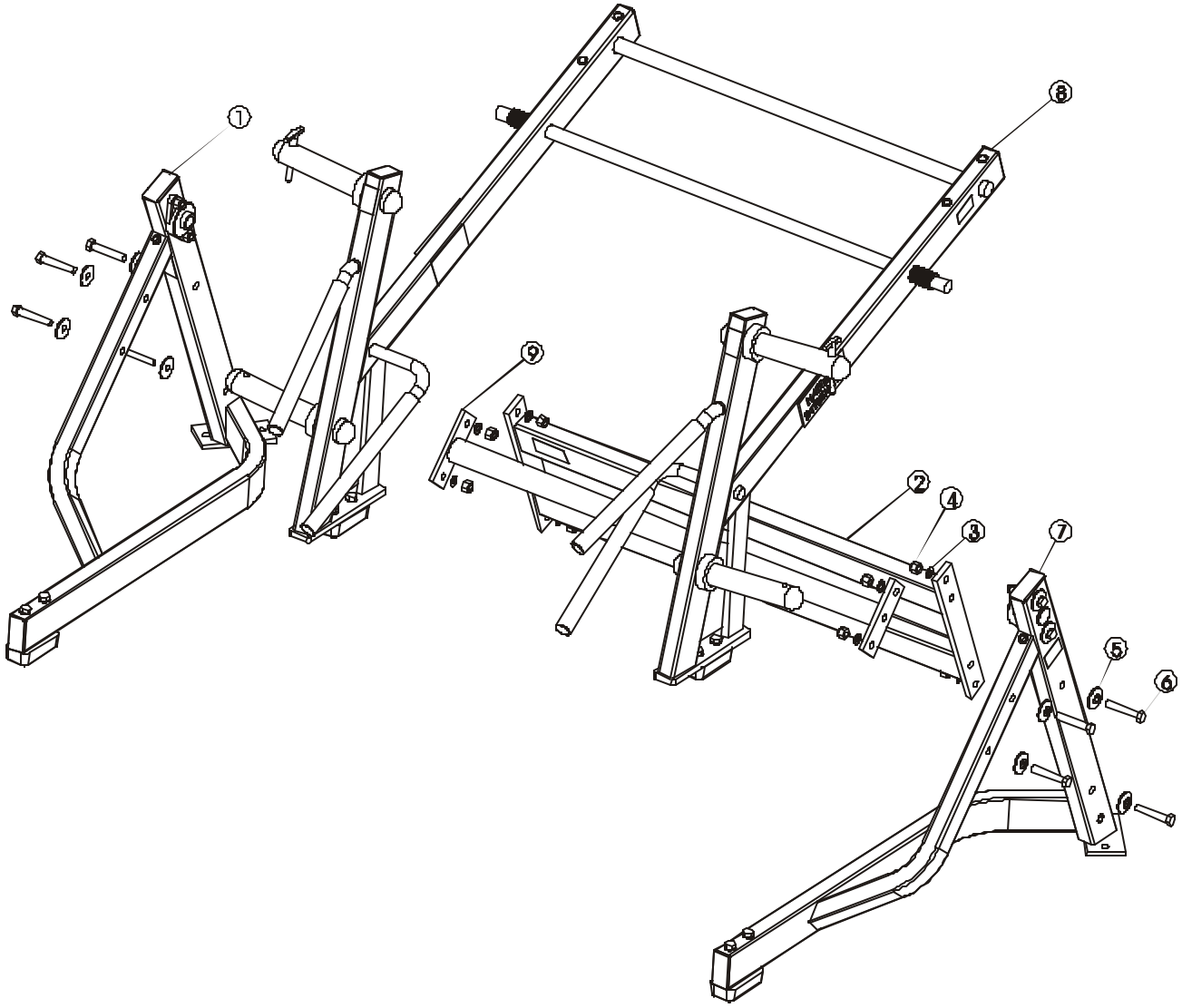
HAMMER STRENGTH EQUIPMENT
GBSL - Ground Base Squat Lunge Assembly Rev. A

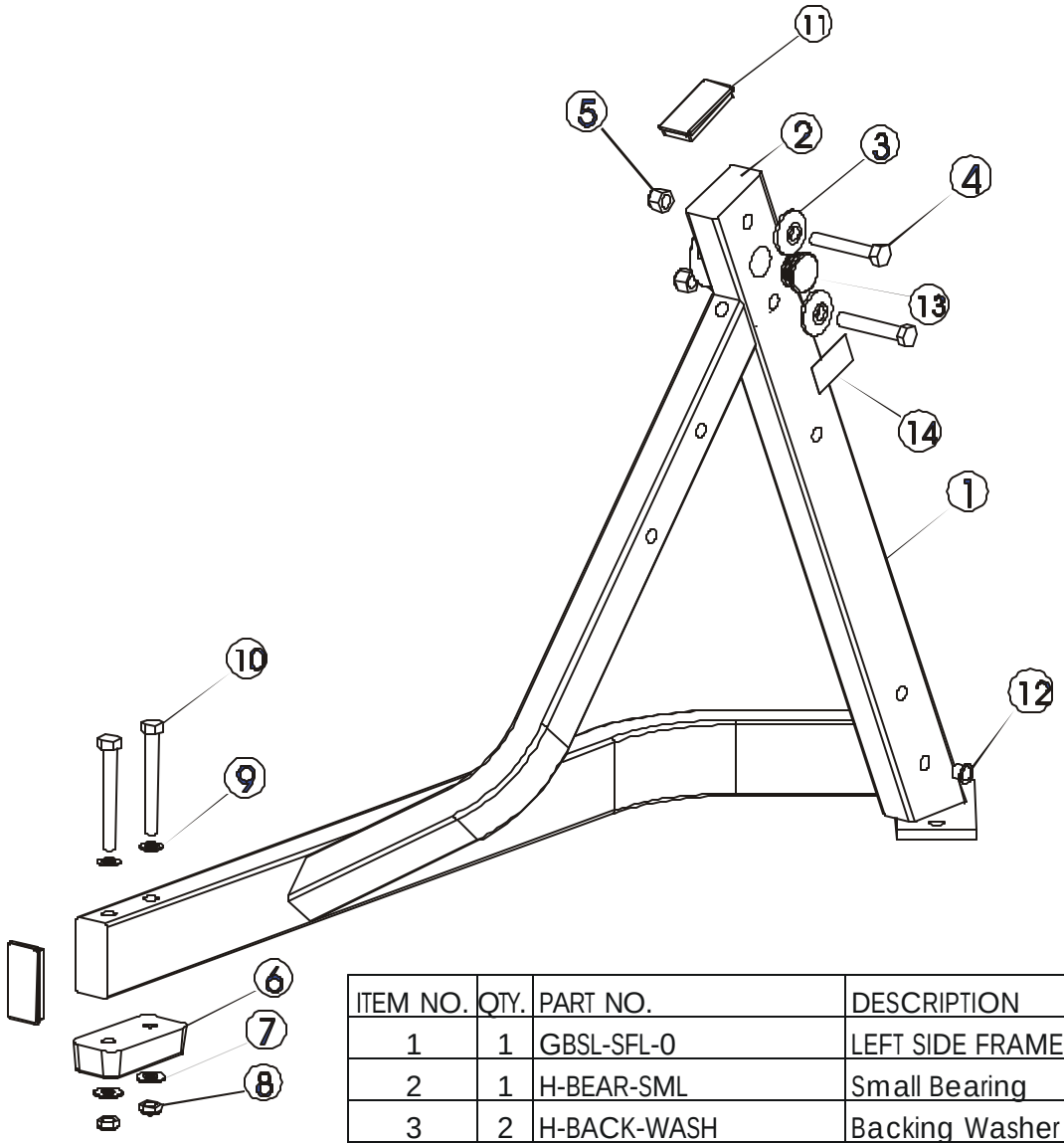


HAMMER STRENGTH EQUIPMENT
GBSL - Exploded Assembly



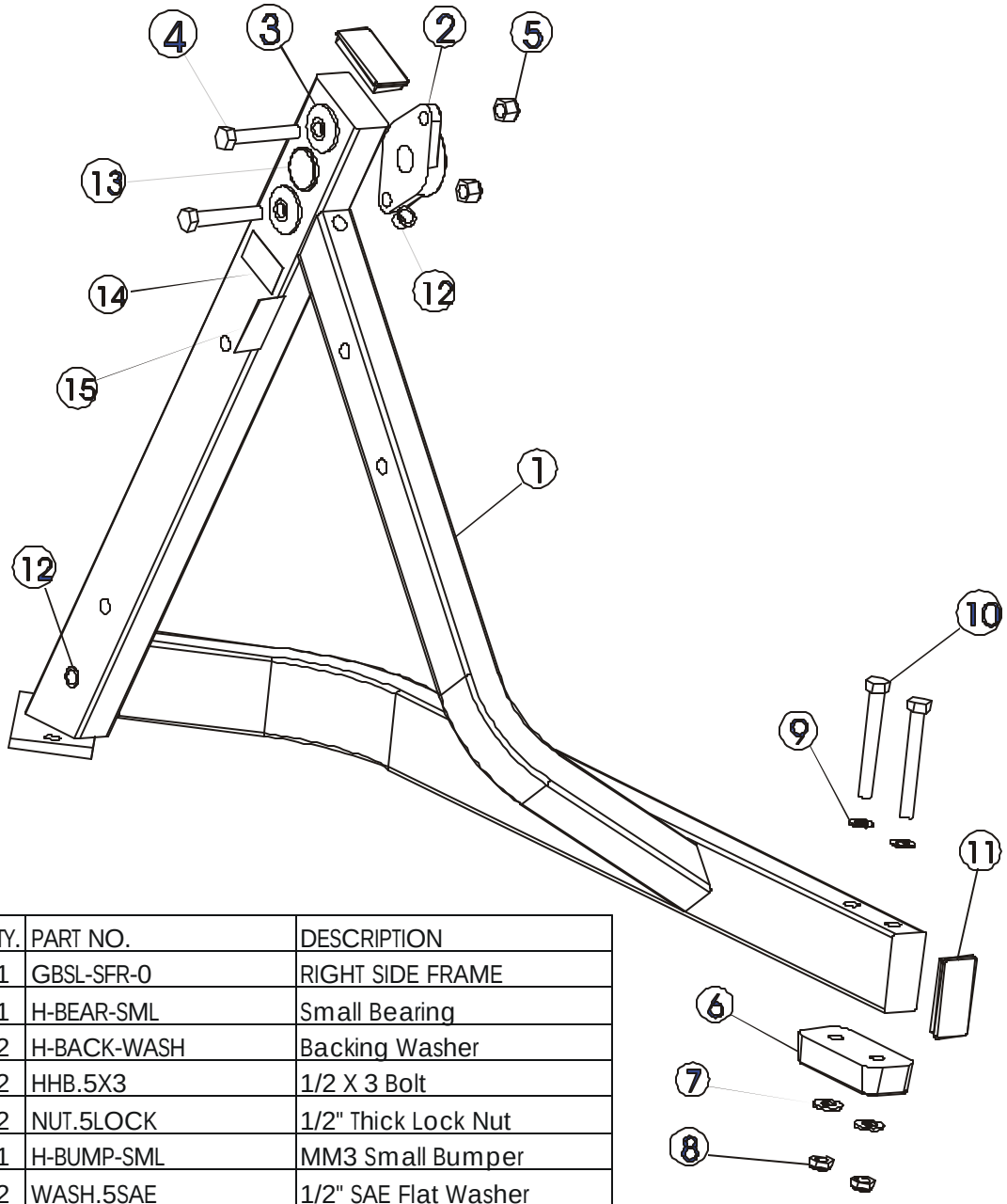
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-CSFR-0	ASSM RIGHT SF
2	1	GBSL-CBX-0	ASSM BOTTOM CM
3	8	WASH.5STAR	1/2" Internal Lock Washer
4	8	NUT.5LOCK	1/2" Thick Lock Nut
5	8	H-BACK-WASH	Backing Washer
6	8	HHB.5X3	1/2 X 3 Bolt
7	1	GBSL-CSFL-0	ASSM LEFT SF
8	1	GBSL-CMA-0	ASSM MOVMENT ARM
9	1	GBSL-TX-0	TOP CROSSMEMBER

HAMMER STRENGTH EQUIPMENT
GBSL - Left Side Frame



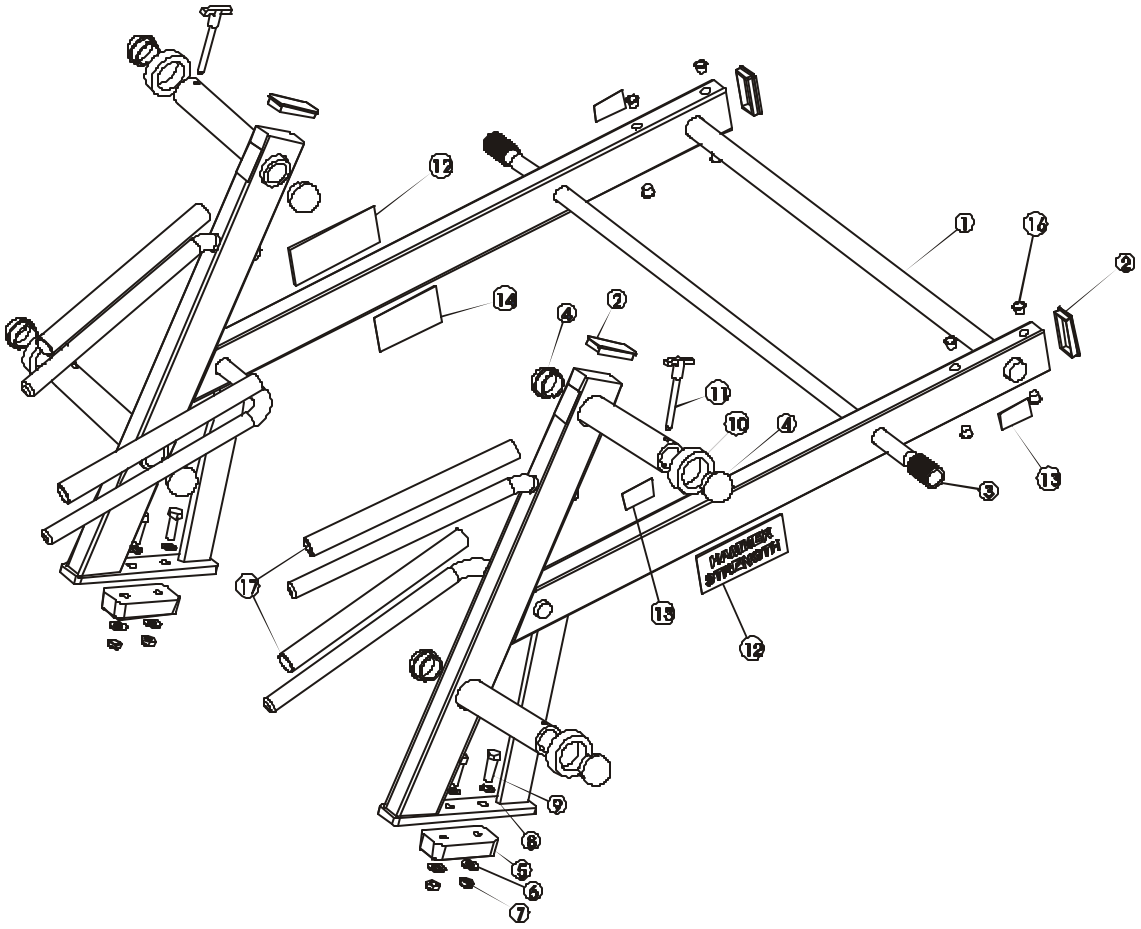
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-SFL-0	LEFT SIDE FRAME
2	1	H-BEAR-SML	Small Bearing
3	2	H-BACK-WASH	Backing Washer
4	2	HHB.5X3	1/2 X 3 Bolt
5	2	NUT.5LOCK	1/2" Thick Lock Nut
6	1	H-BUMP-SML	MM3 Small Bumper
7	2	WASH.5SAE	1/2" SAE Flat Washer
8	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
9	2	WASH.5STAR	1/2" Internal Lock Washer
10	2	HHB.5X4	1/2 X 4 Bolt
11	2	H-PEND3	1 1/2 X 3 End Cap
12	2	H-HPLUG	9/16" Hole Plug
13	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
14	1	STAY CLEAR	Stay Clear Decal

HAMMER STRENGTH EQUIPMENT
GBSL - Right Side Frame



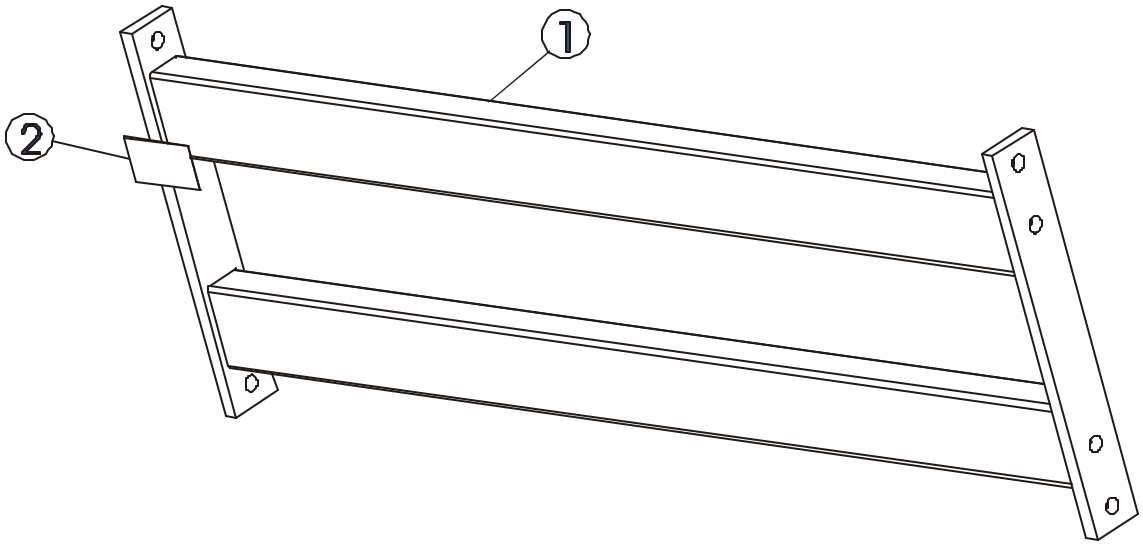
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-SFR-0	RIGHT SIDE FRAME
2	1	H-BEAR-SML	Small Bearing
3	2	H-BACK-WASH	Backing Washer
4	2	HHB.5X3	1/2 X 3 Bolt
5	2	NUT.5LOCK	1/2" Thick Lock Nut
6	1	H-BUMP-SML	MM3 Small Bumper
7	2	WASH.5SAE	1/2" SAE Flat Washer
8	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
9	2	WASH.5STAR	1/2" Internal Lock Washer
10	2	HHB.5X4	1/2 X 4 Bolt
11	2	H-PEND3	1 1/2 X 3 End Cap
12	2	H-HPLUG	9/16" Hole Plug
13	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
14	1	STAY CLEAR	Stay Clear Decal
15	1	SERIAL NUMBER	Serial Number

HAMMER STRENGTH EQUIPMENT
GBSL - Movement Arm



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-MA-0	MOVEMENT ARM
2	4	H-PEND3	1 1/2 X 3 End Cap
3	2	ACCORDIAN	Shaft Guard
4	8	H-BENDCAP	Bullet Cap
5	2	H-BUMP-SML	MM3 Small Bumper
6	4	WASH.5SAE	1/2" SAE Flat Washer
7	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	4	WASH.5STAR	1/2" Internal Lock Washer
9	4	HHB.5X1.5	1/2 X 1 1/2 Bolt
10	4	H-RUBRNG	MM5 Ring
11	2	SELECTORPIN-4	Selector Pin
12	2	H-NAMEPLATE	Name Plate
13	5	STAY CLEAR	Stay Clear Decal
14	1	WARNING LARGE-H	Large ASTM Warn.
16	8	H-HPLUG	9/16" Hole Plug
17	4	H-GRIP(GBSL-A00)	HandGrip

HAMMER STRENGTH EQUIPMENT
GBSL - Back Cross Member



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-BX-0	BACK CROSSMEMBER
2	1	PATENT	Patent Decal